SUMMER Safety Notes on...

General Water Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.

Always swim with a buddy; never swim alone. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.

- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard approved personal floatation device (PFD) when around the water. Watch out for the dangerous “too’s”

– too tired, too cold, too far from safety, too much sun, too much strenuous activity.

- Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth charges, obstructions and where the entry and exit points are located.

The more informed you are, the more aware you will be of hazards and safe practices.

- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water.
- Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Know how to prevent, recognize, and respond to emergencies.

Protect your skin: Sunlight contains two kinds of UV rays -- UVA increases the risk of skin cancer, skin aging, and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear a sunscreen with a sun protection factor of at least 15.

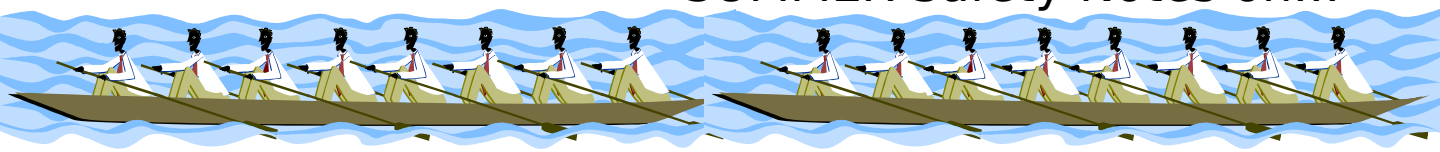
Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the heat's effects on your body worse. This is especially true with beer, which dehydrates the body.

Watch for signs of heat stroke: Heat stroke is life-threatening. The person's temperature control system, which produces sweating to cool the body, stops working.

Signals of heat stroke include –

- Hot, red, and usually dry skin, but in some cases such as during athletic activity while wearing a helmet, the skin may be moist
- Ch[illegible] in c[illegible]ous
- Ra[illegible]eak[illegible], an[illegible]d, [illegible]w br[illegible]g.
- Cal[illegible]-1 or [illegible] local [illegible] numb[illegible]

SUMMER Safety Notes on...



Boating Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. This includes anyone participating in any boating activity. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.
- Alcohol and boating don't mix. Alcohol impairs your judgment, balance, and coordination -- over 50 percent of drowning result from boating incidents involving alcohol. For the same reasons it is dangerous to operate an automobile while under the influence of alcohol, people should not operate a boat while drinking alcohol.
- Look for the label: Use Coast Guard-approved life jackets for yourself and your passengers when boating and fishing.
- Develop a float plan. Anytime you go out in a boat, give a responsible person details about where you will be and how long you will be gone. This is important because if the boat is delayed because of an emergency, becomes lost, or encounters other problems, you want help to be able to reach you.
- Find a boating course in your area (U.S. Power Squadron, the U.S. Coast Guard Auxiliary, US Sailing, etc) -- these courses teach about navigation rules, emergency procedures and the effects of wind, water conditions, and weather.
- Watch the weather: Know local weather conditions and prepare for electrical storms. Watch local news programs. Stop boating as soon as you see or hear a storm.

Home Pool Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim--this includes adults and children. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a course to learn or improve your ability to swim, contact your local Red Cross chapter.
- Never leave a child unobserved around water. Your eyes must be on the child at all times. Adult supervision is recommended.
- Install a phone by the pool or keep a cordless phone nearby so that you can call 9-1-1 in an emergency.
- Learn Red Cross CPR and insist that babysitters, grandparents, and others who care for your child know CPR.
- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.
- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Openings in the fence should be no more than four inches wide. The house should not be included as a part of the barrier. The gate should be constructed so that it is self-latching and self-closing.
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope, and personal flotation devices (PFDs) are recommended.
- Keep toys away from the pool w[illegible]s can attract young children into the pool.
- Pool covers should alwa[illegible]o pool use.
- If a child is missing, [illegible]of the pool and scan the entire pool, bottom, [illegible]ng pool area